

NEW OUTLOOK FOR OLD PHARMACY
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BEING FUNNY IN 140 CHARACTERS
COMEDIANS POPULAR ON TWITTER {page 10}



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DISH {page 13}



HALIFAX metro®
Tuesday, August 31, 2010
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ANDRES LEIGHTON/THE ASSOCIATED PRESS



▶ Luis Colon uses an umbrella to shield himself from rain and wind caused by the approaching hurricane Earl in San Juan, Puerto Rico, yesterday.

Hurricane could strike province

- Hurricane Earl picking up speed in the Caribbean
- Could track north to Nova Scotia by early Saturday
- Storm could run parallel to the U.S. east coast



JENNIFER TAPLIN
@METRONEWS.CA

Hurricane Earl is heading this way, and our heat wave could help it along.

Chris Fogarty with the Canadian Hurricane Centre in Dartmouth said it's hard to tell where Earl will go, but if it does hit Atlantic Canada it will be on Friday night or Saturday morning. "We're looking at track scenarios that go between Maine to eastern Newfoundland so there's lots of uncertainty this far out," he said.

But if it does get anywhere near Nova Scotia, the current hot weather will help keep Earl tropical and powerful.

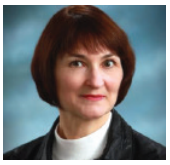
"It preconditions the atmosphere to be tropical in temperature so it allows these storms to retain their tropical character a little longer," Fogarty said.

Yesterday Earl tracked north of the Caribbean islands, and by late in the day it was upgraded to a Category 4 storm.

"It's a major hurricane," Fogarty said.

Besides the hot weather, ocean temperatures and upper-level winds are big factors in determining how powerful Earl will be if it reaches this area.

"Storms that come up from the southwest like that very often track offshore but we do get hit by them occasionally so you can't predict four or five days ahead exactly where it's going to go," he said.



"People at this time need to be aware something is happening and they need to listen for the weather."
RAMONA JENNEX, EMERGENCY MANAGEMENT MINISTER

Regardless, Nova Scotians should be prepared with an emergency kit, said Emergency Management Minister Ramona Jennex.

What started as a slow hurricane season is now in full swing with three storms in play: hurricane Danielle south of Newfoundland, Earl in the Caribbean, and a storm developing in the mid-Atlantic. If this storm spins into a hurricane, it will be called Fiona.

Storm gaining steam

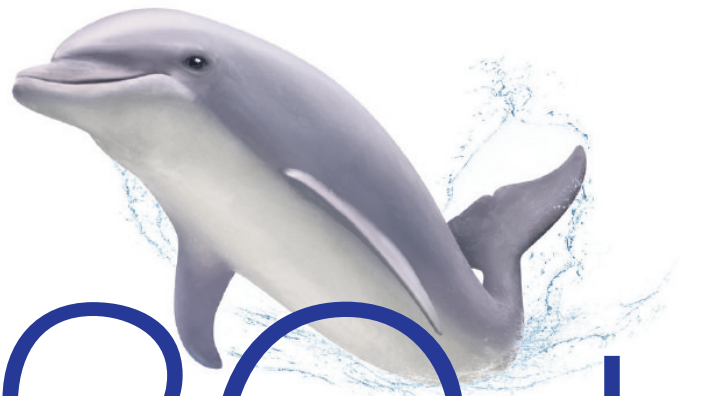
- Hurricane Earl battered tiny islands across the northeastern Caribbean with heavy rain and roof-ripping winds yesterday as it rapidly intensified into a major Category 4 storm.
- Already dangerous with sustained winds of 215 km/h, Earl was expected to gain more strength before potentially brushing the U.S. East Coast this week and bringing deadly rip currents.
- "I can't urge enough to just stay tuned," said Wallace Hogsett, a meteorologist at the U.S. National Hurricane Centre in Miami. **THE ASSOCIATED PRESS**

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Dartmouth house search continues

Three days on and police continue to pick through the house at 51 Weyburn Dr. in Dartmouth.

Police entered the house on Saturday with a search warrant. It's the residence of Steven Elliot Laffin, 35, who is in jail waiting for a September court date related to his charges of kidnapping, forcible confinement, aggravated sexual assault and death threats against a woman.

The incident happened on Aug. 16, allegedly involving a female prostitute from Spryfield. She was allegedly locked in a trunk and escaped while the vehicle was moving.

"I think we're going to be on scene at least another day," police spokesman Const. Brian Palmeter said yesterday.

Palmeter wouldn't say why it's taking longer than a typical search, or what police are looking for.

Police aren't saying whether the search is related to the disappearance of a Halifax prostitute. Nadine Taylor, 29, has been missing since July 28.

"The Taylor matter is an ongoing investigation," Palmeter said. "We're still following all leads that come in and we're still asking for anyone with information to contact police.

JENNIFER TAPLIN

DARRELL OAKE/FOR METRO HALIFAX



▶ Halifax Regional Police have been stationed at 51 Weyburn Dr. in Dartmouth since Friday night.

Date for transit GPS launch still up in air

- Implementation of GPS trackers on buses announced 3 years ago
- Budget cuts will not affect Metro Transit capital plans: Spokeswoman



ALEX BOUTILIER
@METRONEWS.CA

Officials at Metro Transit still don't know when GPS systems will be installed on the fleet, three years after the new system was announced.

Metro Transit spokeswoman Lori Patterson said the GPS project was currently in the "final testing" stages. But she couldn't provide any more of a status update than that.

"They were in the final testing, until they get it running on all the buses ... then we will kind of relaunch it accordingly," she said.

Metro Transit first touted the installation of GPS trackers to replace the oft unreliable GoTime service in 2007. Back then, the system was expected to be launched that fall.

A series of delays, including fleet expansion and other capital initiatives, pushed back the plans.

Patterson told Metro in March that the fall 2010 launch would be contingent on whether the system was working up to standards.

She could not provide a specific date for the launch. She did say, however, that the project is on pace for sometime in the fall.

"We're just waiting to set a final date for it ... I don't have a status update on it."
METRO TRANSIT DIRECTOR LORI PATTERSON

PHILIP CROUCHER/METRO HALIFAX



▶ A Metro Transit bus turns onto Connaught Avenue in Halifax yesterday afternoon.

Troubled teen going home

The grandparents of a boy with cognitive challenges say the Nova Scotia government has decided to release him into their care more than a year after he was sent to a treatment facility in Ontario.

Officials in Nova Scotia have declined to comment on the case, but they had said they didn't have the resources to care for the 15-year-old boy.

The grandparents have been fighting to have the boy returned to Nova Scotia, alleging he had been abused by staff at the Ontario facility.

Earlier in the day, the Ontario Provincial Police confirmed they wouldn't be laying any charges after investigating the allegations.

Identity

▶ Under provincial legislation, there is a publication ban on the boy's identity.

Last week, the boy was transferred to a treatment facility in his home province, and the grandparents say the Department of Community Services has confirmed the boy will be returning home by Sept. 28.

His grandparents say they've agreed to work with the department to draft a plan of care for the boy, who has been in the care of the Nova Scotia government since November 2008. THE CANADIAN PRESS

MEAT COVE

Temporary bridge in place

The residents of Meat Cove can once again leave their community by land.

A temporary bridge over Salmon River was scheduled to be completed yesterday. The bridge will provide residents of the northern Cape Breton community a way out for the first time since a storm washed out the only road in on Aug. 21.

Premier Darrell Dexter visited the beleaguered community yesterday, commending the residents for "mobilizing to take care of each other and their visitors."

Permanent road and bridge repairs will be ongoing.

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1 news

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ScanLife

Teacher busted caning students after being secretly recorded on cellphone camera.

New life prescribed for vacant pharmacy

Connaught Pharmacy opened sporadically throughout the years before officially closing in 2007



JENNIFER TAPLIN
@METRONEWS.CA

Lonely and forlorn, the Connaught Pharmacy cast a shadow for many years over thousands of cars streaming by on Chebucto Road.

But the brick building will soon see new life.

After a brief stint as a hair salon, the pharmacy building was rezoned and the owner, Denise Deveau, is renovating it into office space. Construction work will take between six to eight months.

But several neighbours aren't crazy about the idea.

"I'm not sure if the businesses are going to be helpful to the neighbourhood or not, but having a business on that busy corner is not good planning," said Wendy Bird, a 25-year resident in the area, who is worried about the traffic.

The building, which opened as a pharmacy with a residence on the second floor in 1952, will be renovated and a two-storey addition will be added.

"We understand there's a commercial business going into the property but I'm not at liberty to say what the business is," said Shaune MacKinlay, HRM spokeswoman.

She added that it's not a pharmacy.

55 The years the building at the corner of Chebucto Road and Connaught Avenue operated as a pharmacy.

PHILIP CROUCHER/METRO HALIFAX



▶ A woman runs past the vacant Connaught Pharmacy building on Chebucto Road yesterday.

Community answers call to equip kids with school necessities

Thanks to Parker Street Food and Furniture Bank and its supporters, over 200 families will be sending their kids to school with new supplies.

The food bank put out a call to the community to donate supplies and clothing for families that can't afford back-to-school costs last week. According to Parker Street executive director Mel Boutilier, the call was heard. He said children should not be put in the position of not having what they need for their education. Each package for a student ranges between $50 to $60 in required supplies.

"I don't think a child should go to school and be embarrassed by not having proper school supplies and clothing," he said.

ALEX BOUTILIER

PHILIP CROUCHER/METRO HALIFAX



▶ Parker Street's Mel Boutilier packs together school supplies for students yesterday.

Police investigate Liverpool body

Police are investigating the discovery of a man's body in Liverpool.

The RCMP say a friend of the 64-year-old man led them to the body on the banks of the Mersey River around 8:30 a.m. yesterday.

Police say the deceased and another man were eel fishing on the river Sunday night.

When darkness started to set in and the tides started to rise, the friend decided to leave and go home while the other remained on the river.

Police say the friend went back to the river yesterday and found the body.

THE CANADIAN PRESS

No foul play

The dead man has not been identified. Foul play is not suspected.

Two charged in pot plant seizure

Two people are facing drug and weapons charges after police seized over 30 mature pot plants.

On Saturday, Halifax RCMP responded to a 911 call on Juniper Crescent in Eastern Passage. While investigating the call, police say they found 35 marijuana plants. A search warrant was obtained yesterday, and police say they seized the drugs as well as a cross bow and a .22 calibre rifle from the residence. A 33-year-old man and a 33-year-old woman will appear in Dartmouth court.

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Beach lifeguards clock in overtime

Lifeguards are pulling overtime on several HRM beaches because of the hot weather.

The season was supposed to end on Sunday but the sunny weather has prompted HRM to keep lifeguards on duty a little longer. Until tomorrow, lifeguards will at Birch Cove Beach and Shubie Beach in Dartmouth.

METRO HALIFAX

Bedford

The Bedford Outdoor Pool will also be open.

Two traffic stops lead to five charged

Five men face drug charges after two traffic stops last Friday. The first car was stopped at about 3:30 p.m. after Halifax Regional Police say an officer witnessed a drug transaction on Windmill Road.

Crack cocaine was seized, with charges laid against two men from North Preston. The second incident occurred later after police pulled over a vehicle on Novalea Drive. A 28-year-old from Dartmouth, a 21-year-old from Halifax, and a 20-year-old Truro man are facing charges.

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Putin talks tough to press

Prime Minister Vladimir Putin disparaged Russian dissidents in crude street language in an interview yesterday, and said they would keep getting beaten if they continued to hold unauthorized rallies.

Putin also told journalists yesterday that it was "complete gibberish" that he continues to run the country.

"I'm tired of foreign policy," Putin told journalists travelling with him in Russia's Far East. He said President Dmitry Medvedev was handling it well and he saw no need to interfere.

In the interview published in the newspaper Kommersant, Putin defended his record and touched on a variety of topics, including foreign policy.

It was questions about the political opposition, though, that inspired the colourful language Putin seems to love.

Putin predicted that Russian police would keep breaking up opposition protests unless the dissidents obtain official permission to rally — permission they are routinely denied in central Moscow.

"You will be beaten upside the head with a truncheon. And that's it," Putin declared.

Opposition leader Boris Nemtsov said the interview showed Putin to be "dishonest, ignorant and evil."

THE ASSOCIATED PRESS

ALEXEI DRUZHININ, POOL/THE ASSOCIATED PRESS



▶ Vladimir Putin fired a crossbow at a gray whale last week.

Gunman kills 7 in Slovak capital

Handout photo shows gunman wearing hearing-protection device
Indicates he planned shootout

A gunman went on a rampage yesterday in Bratislava, Slovakia's capital, killing seven people and wounding 15, then committed suicide, officials said.

Five of the people killed were members of a Roma family who lived in an apartment where the man began his attack with a machine-gun and two pistols, said Interior Minister Daniel Lipsic. Roma often face discrimination in eastern Europe, but Lipsic and police chief Jaroslav Spisiak said the gunman's motive was not known.

Another man shot and killed outside the building was "probably" also a member of the same family, Lipsic said.

The shooting took place at midmorning in the rundown Devinska Nova Ves neighbourhood on the outskirts of the Slovak capital.

The five Roma who died in the apartment — four women and a man — lived in a brown high-rise building, Spisiak said.

Police rushed to the scene as the attacker, about 50 years old, was leaving the building, and he fired indiscriminately at people in the area, wounding 15, including a policeman and a three-year-old boy who was shot in the ear, Lipsic said. The seventh fatality was a woman who was shot in the area as she walked to the balcony of her apartment when she heard the gunfire, Lipsic said.

THE ASSOCIATED PRESS

Details emerge

▶ **Gunman was local** The Slovak news agency TASR, referencing a police statement, identified the gunman yesterday as a 48-year-old local who was in legal possession of the weapons he used for the killing spree.

THE ASSOCIATED PRESS/DAILY SME



▶ This image, provided yesterday by Slovakian newspaper Daily SME, shows a man identified as the gunman who killed seven people and wounded at least 15 in an attack in Bratislava, then committed suicide.

Juror removed over Facebook comment

A judge removed a juror from a trial in suburban Detroit after the young woman wrote on Facebook that the defendant was guilty. The problem? The trial wasn't over.

Hadley Jons, of Warren, Mich., could be found in contempt when she returns to the Macomb County circuit court Thursday.

Jons, 20, was a juror in a case of resisting arrest. On Aug. 11, before the prosecution finished its case, she wrote on Facebook that it was "gonna be fun to tell the defendant they're guilty." THE ASSOCIATED PRESS

News in brief

Soldier dies in hospital

MILITARY. Cpl. Brian Pinksen, a Canadian soldier who was injured in an IED blast last week while on patrol in Afghanistan, died yesterday at a hospital in Germany, military officials say. THE CANADIAN PRESS

Doctors botch baby's delivery

MEDICINE. Italy's health minister travelled to Sicily yesterday to apologize to a woman whose delivery of a son was botched when her two doctors got into a fistfight in the operating room. Laura Salpietro had her uterus removed, and her son suffered heart problems and possible brain damage. THE ASSOCIATED PRESS

News in pictures

PHOTOS
1. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS
2. HANDOUT/CENTRAL IMAGE AGENCY
3. FILE PHOTO/THE ASSOCIATED PRESS
4. ADRIAN WYLD/THE CANADIAN PRESS
5. MIGUEL MEDINA/AFP/GETTY IMAGES



1 Solidarity founder Lech Walesa, right, shunned several of the movement's 30th anniversary sessions yesterday, saying he is disillusioned with the Polish trade union's current state. THE ASSOCIATED PRESS

2 The Canadian Medical Association Journal says provinces and territories should cover the cost of smoking-cessation programs and products to help tobacco users butt out. THE CANADIAN PRESS

3 A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators. THE ASSOCIATED PRESS

4 NDP Leader Jack Layton is floating a last-minute compromise to try to save the long-gun registry and, perhaps, keep his political reputation from sinking. THE CANADIAN PRESS

5 Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" yesterday in an unusual attack on the wife of a world leader. THE ASSOCIATED PRESS

Grits debate how to deal with Tories

Party feels 'invigorated,' says Nova Scotia MP Caucus credits Michael Ignatieff's summer tour

Federal Liberals say they've got their mojo back.

But that doesn't necessarily mean they're ready to boogie onto the campaign trail.

Liberal MPs attending a caucus retreat yesterday at a Cape Breton resort are torn over how much longer they can prop up Stephen Harper's minority Conservative government.

For some, Harper's time is running out, but other Liberals were more cautious, suggesting they still have some work to do.

Liberal MPs seem uniformly thrilled with the party's modest momentum. THE CANADIAN PRESS

State of the polls

Opinion polls indicate the Liberals aren't yet in position to win an election, although they've rebounded modestly from last spring when Harper's Tories opened up a 10-point lead.

- **Three-point deficit** A new The Canadian Press Harris-Decima poll released yesterday had the Liberals at 30 per cent, three points back of the Conservatives.
- **Methodology** The two-week telephone survey of 2,020 respondents was conducted Aug. 19-29.

Darfur. Free at last



▶ Freed U.S. aid worker Flavia Wagner, 35, right, is escorted by a U.S. Embassy staffer yesterday upon her arrival at the airport in Khartoum, Sudan.

ABD RAOUF/THE ASSOCIATED PRESS

Kidnapped worker freed

A U.S. aid worker kidnapped four months ago in Sudan's troubled Darfur region has been freed, the Foreign Ministry said yesterday.

Prison sex scandal fascinates B.C. city

A report that two female prisoners had sex in an RCMP cell while jail staff watched via a video camera has people talking in Kamloops, B.C.

Mayor Peter Milobar is asking people to be patient and not pass judgment on those involved until all the details are known.

Milobar said he's unable to confirm reports that two women, one of whom might be HIV positive, were placed in the same cell Aug. 18 and began having sex. THE CANADIAN PRESS

Investigation

- The RCMP have said four Mounties are being investigated in relation to the incident, but no official details have been released.
- Three Kamloops city employees are also said to have been involved.

Teen sues over fight with police

A black teen who attended the city's performing arts high school claims three white police officers wrongfully assumed he was involved with drugs when they beat him, then allegedly conspired to to file false charges against him and concoct a cover story for their actions, according to a federal lawsuit filed yesterday. THE ASSOCIATED PRESS

Just bad luck?

- Jordan Miles, a violist who attended the city's prestigious Creative and Performing Arts High School, contends he was walking after dark from his mother's home to his grandmother's when the three officers set upon him.

Posters take aim at Vatican gender rule

Some London buses are carrying a message for Pope Benedict XVI, urging him to admit women to the Roman Catholic priesthood.

The posters which began appearing yesterday are timed to be visible when the Pope is in London from Sept. 16 to the 19.

Pat Brown of the Catholic Women's Ordination group says advocates of women's ordination are prohibited from discussing it within the church. She says not talking about it was "not the British way."

Benedict is expected to meet a female priest in London when he is at Westminster Abbey, but she is a member of the Church of England. The Catholic Church doctrine holds that only men can be priests. THE ASSOCIATED PRESS

$23K

Brown said the poster campaign cost about $23,000.

Police open fire on demonstrators

Police opened fire with live rounds at rock-throwing Kashmiris yesterday, killing an 11-year-old boy and sparking violent street protests by thousands in India's portion of the troubled Himalayan region, a police officer said. At least 22 people were wounded in firing.

More than 60 people have died in anti-India demonstrations and clashes between security forces and protesters in the volatile region since June. Anger against Indian rule runs deep in Kashmir, which is divided between Hindu-majority India and predominantly Muslim Pakistan, though claimed by both nations in its entirety.

Security forces fired tear gas and gunshots yesterday in the southern town of Anantnag, where hundreds of residents held protests and clashed with police, a police officer said on condition of anonymity. THE ASSOCIATED PRESS



Canada still in the red: StatsCan

Foreign investment in Canadian equities rebounds But goods surplus with U.S. shrinks by $2.3B

The country's current account deficit grew by $2.6 billion in the second quarter to a total of $11 billion, Statistics Canada said yesterday.

The agency said export growth slowed and imports grew, while a lower deficit in investment income flows was partially offset by a higher deficit in international trade in services. It was the seventh consecutive quarter of deficit in the current account.

The balance on trade in goods fell $2.5 billion in the second quarter to return to a deficit, following two quarters of surpluses.

THE CANADIAN PRESS

Balance sheet

Overall, exports of goods rose by $1.2 billion, less than the previous quarter.

- **Automobiles** Exports of automotive products continued to gain ground, up $1.9 billion, with automobiles surpassing the $10-billion mark.
- **Equipment** Machinery and equipment exports rose $1.2 billion, as volumes increased after six quarters of declines.
- **Services** The deficit on trade in services expanded by $300 million in the second quarter, led by travel and travel components.

Yen. Gaining strength



▶ Bank of Japan governor Masaaki Shirakawa leaves after meeting Prime Minister Naoto Kan in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Japan plans stimulus

Japan's central bank further eased monetary policy yesterday in response to a strong yen and growing political pressure to revive a faltering economy.

Hot July for auto sales in Canada

Canadians were in a vehicle-buying mood in July, according to figures in the latest Global Auto Report from Scotia Economics.

The report says Canadian sales advanced to an annualized 1.65 million units in July, lifting volumes at several automakers to the highest July on record. It was the second monthly rebound in a row after a weak performance in May.

THE CANADIAN PRESS

Go big

Canadians are shifting away from small cars, with segment volumes declining two per cent year-over-year through July.

- **On the decline** Small cars traditionally dominate the Canadian market, but their share has slumped to less than 29 per cent so far this year, the lowest level in more than a decade.

Airlines report net profits

The International Air Transport Association says 47 major carriers it monitors reported a net profit of $3.9 billion US in the second quarter. The results contrast with the $881 million net loss posted by carriers a year earlier.

Geneva-based IATA says airlines in North America and the Asia-Pacific region performed best. Airlines benefited from stable fuel prices and slowly improving demand over the past months, IATA said.

THE ASSOCIATED PRESS

$1.3B

IATA says European carriers' results were boosted by a $1.3 billion asset sale, without which they would have posted further losses.



Oilsands toxic to fish: Study

A new study shows that heavy metals including lead and mercury that are being released from oilsands facilities into the air and water of northern Alberta are already above levels considered hazardous to fish.

The study, published yesterday in the Proceedings of the National Academy of Sciences, takes aim at the province's environmental monitoring and dismisses government claims that the contaminants come from natural sources.

"Contrary to claims made by industry and government in the popular press, the oilsands industry substantially increases the loadings of toxic (priority pollutants) into the Athabasca River and its tributaries via air and water pathways," concludes the report.

THE CANADIAN PRESS

EMPLOYMENT

Leaner pickings for jobs

Statistics Canada says public employment slipped in comparison to overall employment in the second quarter of the year.

It says 3.6 million people, or 20.3 per cent of all those working, held federal, provincial, municipal or territorial jobs in the second quarter, down from 20.5 per cent the previous quarter. The decline was attributed to growth in private sector employment during the period.

The agency says the quarter-to-quarter 0.2 per cent drop in government jobs was primarily concentrated in the provincial and territorial general sector, where employment slipped 0.9 per cent. School board jobs were down 0.3 per cent.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
▲ +15.83 (11,895.55)	▼ –0.72¢ (94.30¢ US)	▼ –47¢ US ($74.70 US)	$3.812 (+10.7¢)
			Gold contracts $1,237.10 (+$1.50)

PETER KOSTER, VERSUS

Google signs deal with AP

Google Inc. will be able to continue posting content from The Associated Press under a new licensing deal the two companies announced yesterday after months of negotiations.

THE ASSOCIATED PRESS

Consumer spending on the rise

Americans spent last month at the fastest pace in four months, helped by a jump in demand for cars. Consumer spending rose 0.4 per cent in July.

THE ASSOCIATED PRESS

PULLING THE PLUG ON TOXIC FRIENDSHIPS

She says ...

JESSICA NAPIER



Good girlfriends are hard to find. There are the ones you love with all of your heart, and then there are the ones you kind of love ... to hate.

Let's be honest, we've all known them at one point in our lives. A toxic girlfriend is one who is unreasonably jealous or ultra competitive. She is the friend who flirts a little too much with your boyfriend and always has a way of subtly putting you down. She's unreliable, inconsiderate, manipulative and a little bit wacko. More foe than friend, a poisonous pal will contaminate your free time with her dramatic behaviour and Mean Girls-inspired antics.

Of course, these stressful relationships rarely start out this way — only a masochist would voluntarily sign up for this kind of emotional abuse.

Like a long-term romance, a friendship is constantly changing and evolving. Every once in a while a perfectly platonic partnership becomes a bit unbalanced. When you're so close to the situation, it's hard to recognize when a one-time BFF has turned bitter, slowly eroding your self-esteem one thinly veiled insult at a time.

It should be easy to realize that you should dump a self-absorbed drama queen like a barrel of hazardous waste. But when it comes to frenemies, we tend to make excuses for their abhorrent behaviour in the hope that one day they might grow out of it. The longer we endure these unhealthy relationships, the more trapped we feel.

"While a soured friendship might be exhaustive to maintain, it is even more difficult to end."

While a soured friendship might be exhausting to maintain, it is even more difficult to end. There's no handbook when it comes to breaking up with a gal pal. Ideally, you should have an honest conversation where both parties reveal their true feelings and, ultimately, hug it out. But let's face it: Most of us are not that mature. Confrontations like this are uncomfortable and awkward, and usually end in tears on both sides.

I usually opt for the more cowardly route. I allow these friendships to disintegrate over a slow, excruciating period of ignored phone calls and geographic evasion tactics until she eventually gets the hint. Yes, this is a childish and passive-aggressive way of dealing with my feelings, but avoidance seems so much less unpleasant than all that crying.

However, at the end of the day, life is too short (and far too busy) to spend so much time dodging that best friend gone bad. The older we get, the more we realize who those true friends really are. So perhaps it's time to get real and let that bad girlfriend know you're just not that into her anymore.

Cartoon

MICHAEL DE ADDER



High rollers learn early

Worth Mentioning

The Thai government is publishing a new series of parenting brochures that instructs families how to keep their children from gambling on soccer matches, after kids as young as seven were found betting on the World Cup.

"The Guide to Watching Football With Your Children and Loved Ones," will be the first in a three-part series to be distributed at schools nationwide in October, Thanakorn Komkris, a co-ordinator at the Thai Health Promotion Foundation, said yesterday.

The agency, which is under the Prime Minister's Office, is sponsoring the series that uses cartoon characters to convey that professional soccer can be a fun family event — and one that sometimes requires parent supervision.

The new guide will be aimed at children of primary school age and teens and will seek to inform them of the dangers of gambling, while trying to motivate youths with "inspiring stories from world-class football players," Thanakorn said.

Gambling is illegal in Thailand, technically, but it remains a national pastime. Betting is common at sports events, at underground casinos or along the Cambodia border where casinos have flourished in recent years to cater to Thai customers.

THE ASSOCIATED PRESS

Cashing in

GETTY IMAGES



Finish this sentence: To be successful, you must ...

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Metro Minute at blueberry festival

Blueberry festivals around the province are uniting. The first Wild Blueberry Harvest Festival is underway in several communities throughout central Nova Scotia, including Truro, Parrsboro and the Stewiacke Valley.

Concerts, pie eating contests, bouncy houses, blueberry dessert parties, and quilt shows are just some of the events planned for the festival, which runs until Saturday.

Today, there are bazaars in Glooscap and Five Islands, as well as a fresh wild blueberry cleaning and packing operation tour in Masstown, a U-pick in Musquodoboit, and the Cumberland County Exhibition in Oxford.

METRO HALIFAX

CONTRIBUTED



▶ The Wild Blueberry Harvest Festival runs until Saturday.

2 scene

News in brief



Brad Pitt is the NFL's voice for its upcoming documentary on the New Orleans Saints' Super Bowl victory.

Pitt narrates NFL Films' documentary, America's Game: 2009 New Orleans Saints, about the team's win over the Indianapolis Colts last February. The film debuts on the NFL Network on Sept. 8, the night before the Saints begin their title defence.

The NFL traditionally seeks out a celebrity narrator for its annual Super Bowl documentary. Pitt was chosen because of his humanitarian work in New Orleans in the five years since Hurricane Katrina, the league said.

Past narrators have included Alec Baldwin, Morgan Freeman, Gene Hackman, Ed Harris, Martin Sheen, Bruce Willis and James Gandolfini. Mad Men star Jon Hamm narrated last year's film on the Pittsburgh Steelers' 2008 Super Bowl win.

THE ASSOCIATED PRESS

Anna Nicole Smith drug case resuming with uncertainty over testimony by nannies.

Funny men and women are using Twitter to connect with fans, test out joke or just rant
Jimmy Fallon leads the comedy charge with 2.7 million followers

AMY SUSSMAN/GETTY IMAGES



▶ Comedian Michael Ian Black is one of the funniest regular Twitter users, with more than 2,500 tweets and counting.

Comedy in 140 characters or less

Earlier this summer, Michael Ian Black took to his blog to defend himself against those appalled that the comedian was — gasp! — inserting rare advertisements to his popular Twitter feed.

Black explained that occasionally hiring himself to sell products "allows me the freedom to take less well-paying jobs like making soon-to-be-cancelled television shows."

Then he made a more serious point.

"As of today, I've written 2,655 tweets," Black wrote. "That's a lot of free material, all of it contributing to the entertainment of the 1.5 million people who follow me, as well as the multibillion dollar capitalization of Twitter itself."

Black is not alone in his situation. Many of the most popular people on Twitter are comedians, and they are collectively perhaps the best. They know how to be economical with words, and they write about more interesting topics than what they had for breakfast.

But comics have a different relationship to the social networking website. It is, after all, their job to make brief, pithy observations and craft precisely worded one-liners. Like news outlets, comedians have to question how much "content" they want to tweet away.

Black says he recognizes some downside to giving away material for free, but believes the pros far outweigh the cons.

"For me, it does two things," Black says of tweeting. "One, it gives me the chance to try out jokes. And two, it forces me to write jokes in the first place." THE ASSOCIATED PRESS

Top tweets from the comedy world

A few examples of top-notch tweeting:



▶Nealon

• "I've grown tired of firework displays. China, please come up with something else for our country." — Kevin Nealon.

• "I have a Far Side cartoon almost done of a movie theatre packed with disappointed deer watching Salt." — Mindy Kaling.

• "The Muzak version of Careless Whisper in this lobby has turned a bad song into a sonic hate crime." — Patton Oswalt.

• "Either the gnomes in our garden are real or someone just hit me in the head. Oh, wait. It's just the booze. Forget I said anything." — Paul Feig.

• "Walking in New York I make eye contact with people's dogs more than with people." — Kristen Schaal.

• "When you read Self magazine aren't you always a little disappointed that there's nothing about you in there?" — Jim Gaffigan.

• "This is my twitter cycle: Tweet, tweet more, tweet worse, stop tweeting, regret tweets, swear never to tweet again. Wait. Tweet. Repeat." — Louis C.K.

THE ASSOCIATED PRESS

BACHMAN TURNER RETURN TO ROOTS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



When I was growing up in Winnipeg it was guaranteed that at least once a day you'd hear a Bachman Turner Overdrive song on the radio. Not only did the band produce some of the best drive-home music ever made, but when the city's rock radio station was done playing 12 Led Zeppelin songs in a row, they'd throw on some homegrown tunes. That meant a lot of Guess Who and BTO.

I'm more of a Guess Who fan, but I was still excited to hear that Randy Bachman had recorded a new album with Fred Turner. It's always a bit strange when a band you liked puts out a new album — it's usually not very good, and I'm grateful that Randy and Burton Cummings have stuck to the hits, but somehow the duo's self-titled, released next week, sound vintage BTO. I spoke to Turner this summer and asked him why they chose to replicate their sound — he says it was all Randy. "He wanted to go back to the 70s mindset," Turner explains. It had a lot to do with the chemistry between the two musicians, he says; it felt like nothing had changed since 1973, when the band wrote their huge hit Takin' Care of Business.

Of course, a lot has changed. Bachman left the band after 1975's Four Wheel Drive, tried to start something new with Turner in the early 80s, joined BTO again briefly, then Turner left; BTO was in a perpetual state of near collapse until Turner officially called it quits in 2004.

Bachman and Turner "had our moments" over the years, he says. "We had a nine year lawsuit through the 90s." It was eventually settled, but even in the midst of the legal proceedings, the old friends found a way to play together. Turner recalls a time when Bachman had to play a gig in Winnipeg and wasn't confident with his backup musicians. He called his former bandmate and asked him to join him, which he did.

Whatever happened between them seems to be history. Luckily, though, Bachman and Turner won't get the chance to return to their old ways — this isn't a full-time gig. Turner says that while he's excited to play he's got no intention of becoming a career musician again. "I don't want to be as busy as Randy likes to be," he says. "He's still going 200 miles an hour and I'm a long way from that. I said this is your thing, you work it the way you want and I'll be there. It's actually taken off so strong that it's become a bit too busy for me. But I'm still willing to go with it."

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Caine gets revenge

Harry Brown
Genre: Thriller
Director: Daniel Barber
Stars: Michael Crain, Emily Mortimer
●●●



Four decades after Clint Eastwood made cynical sport of lawless punks, Michael Caine dons the Dirty Harry mantle to administer rough justice on the grimy streets of Blighty.

His Harry Brown is a bottled-up ex-Marine whose stopper has been yanked by one too many neighbourhood outrages.

Recently widowed, which only partially explains his dour character, Harry is content to just live the rest of his days on a meager pension in his small public housing flat in London's East End.

He's not blind to the drug dealing and violence of the young punks who rule his rough-and-tumble housing estate, but neither is he inclined to do anything about it.

The knives come out after Harry's close pal Leonard (David Bradley) unwisely chooses to use a pedestrian tunnel the gang members consider their personal domain.

There's no turning back from the outcome, either for the gang or for the suddenly motivated Harry, whose warrior instincts are graphically reawakened.

PETER HOWELL



The Wild Hunt
Genre: Thriller
Director: Alexandre Franchi
Stars: Ricky Mabe, Tiio Horn, Mark A. Krupa
●●●

Most of the fundamentals are covered in this tale of medieval role-playing gone awry: a strong cast, great story and convincing costumes and sets. But the pluses are almost undone by wildly uneven camera work, lighting and editing. Mark A. Krupa is Viking-obsessed Montrealer Bjorn, who has become so involved in running amok for fun, he's lost all connection with real life. Even with its many technical drawbacks, The Wild Hunt remains an impressive achievement and a testament to unbridled imagination.

PETER HOWELL



Babies
Genre: Documentary
Director: Thomas Balmes
Stars: Bayar, Hattie, Mari, Ponijao
●●●

Can you saw "awwww" in four different languages? Actually, it's all the same wherever you are, and that's precisely the point of this beguiling documentary by French filmmaker Thomas Balmès. He follows four infants from different parts of the globe, tracking them from birth to age one. The babes are from Tokyo, San Francisco, Namibia and Mongolia, two from cities and two from rural regions. Insights aren't deep, unless you're looking for affirmation of the truism that people are the same all over.

PETER HOWELL

Hollywood inspiring Broadway

There was a time when Hollywood turned to Broadway for movie ideas, transforming such shows as Chicago, The Sound of Music and Amadeus into box-office gold and Oscar winners.

These days, theatre producers look to the film community for juicy stage projects, turning movies like Billy Elliot, The Producers and Hairspray into Tony winners.

The new Broadway season is no exception. Among shows opening this fall are Spider-Man: Turn Off the Dark, based on the comic book and movie franchise; Elf: The Musical, inspired by the outrageous Will Ferrell comedy; and Pedro Almodovar's 1988 film farce, Women on the Edge of a Nervous Breakdown.

Meanwhile, Priscilla Queen of the Desert the Musical, adapted from the 1994 road movie about drag queens and a transsexual and their cabaret act, opens for a pre-Broadway run in Toronto on Oct. 26. It was first adapted for the stage in 2006 for a run in Sydney, and most recently had a successful turn on London's West End.

Many eyes, though, are on the $50 million-plus Spider-Man: Turn Off the Dark, which was in the works for six years and long hung in limbo as it jumped financial hurdles. Based on the Marvel comic book hero, Spider-Man features music and lyrics by Bono and The Edge, with a book by its director, Julie Taymor, and Glen Berger.

U2's Bono and The Edge are cutting their teeth writing show tunes. The jump may not be so far, given the appeal of the hit series Glee and its occasional ability to transform rock anthems into show music. So it's not hard to believe that the Irish rockers can retrofit their stadium-oriented rock into the more intimate musical theatre.

The big budget musical extravaganza boasts one of the highest budgets in Broadway history and bursts with producers that include Marvel Entertainment and Sony Entertainment.

Spiderman: Turn Off the Dark begins previews on Nov. 14, and will open on Dec. 21.

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TRISTRAM KENTON PHOTO



▶ Tony Sheldon in the London production of Priscilla. The play is based on a 1994 movie.

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Jeanne Beker's Edit adds to list of credits

Her latest clothing line debuts in September

Fashion Television host Jeanne Beker has taken TV viewers and fashion lovers alike on a globe-trotting style journey for 25 years, acting as on-air guide to the world of design at home and abroad.

But some may not be aware of Beker's extensive experience in the industry away from the cameras. She has helmed fashion magazines, became editorial director of the web's first fashion site and has also racked up a couple of design credits along the way.

The Canadian fashion pioneer is making yet another off-screen foray with the launch of Edit by Jeanne Beker, an affordable women's clothing line for the Bay.

Beker said the collection is a collaboration between her and the Corwik Group, a Montreal-based importer and designer of women's apparel.

She said the collection's name was a "no brainer," a reflection of her involvement in editing the line of separates.

Edit comprises pieces Beker sees as essentials that can be mixed and matched and serve as the "bare bones" of the wardrobe.

The 25-piece capsule collection comprises style staples designed to help women transition from work to after-hours.

Symbolic of the mix-and-match approach, tunics, wool sweaters, boyfriend jackets and cardigans can be paired with knee-length skirts, leggings, jeggings and jeans in the line.

Outerwear offerings include luxe faux-fur coats, camel cape jackets and boiled wool coats.

In the meantime, don't expect to see Beker — or her award-winning program — disappear from the airwaves anytime soon.

"Fashion Television has just become such a staple in our viewing diets," she said.

"I think it would be a shame to ever see that show go anywhere."

THE CANADIAN PRESS

NATHAN DENETTE, THE CANADIAN PRESS



▶ Clothes from Edit range from about $80 to $195.



GETTY IMAGES



▶ T.I. stars as Ghost in Takers, now in theatres.

Smooth criminal

Rapper T.I. on his role in Takers

MONICA WEYMOUTH
monica.weymouth@metro.us

It's not immediately apparent why T.I. was attracted to his character in Takers. Recently released from prison after a job gone wrong, Ghost is an edgy loner who knows too much, a suspicious outsider among his former group of super-sleek gangsters. And although they're all technically bad guys, the charismatic high-rollers — including Idris Elba, Paul Walker and Chris Brown — are easy to root for with their Danny Ocean swaggers and professionally cool bank heists.

But that's precisely why the rapper-turned-actor was interested in the role. "I liked taking a character that could easily be considered an antagonist and make him likable," says T.I. "I think the element of surprise is important."

To be fair, T.I.'s had some practice with image management.

No stranger to court, he spent a good part of last year in prison on federal weapons charges, but he's not hurting for projects: His seventh album, King Uncaged, drops next month; Takers marks the debut of his production company Grand Hustle Films; and his clothing line, Akoo, is in stores now.

Jonas Brothers are growing up

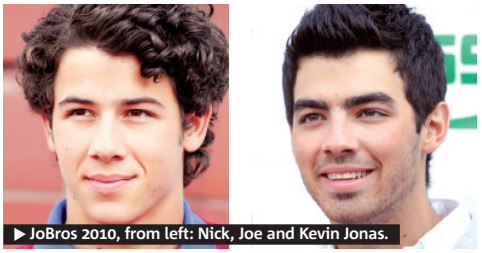
The siblings on touring, their fans and new music

It's impossible not to notice how the faces in these photos have matured since you last saw the Jonas Brothers — that is, unless you're one of the rabid fans who have made their previous tours into sell-out smashes.

In a recent teleconference, the Brothers — Nick, Kevin and Joe — addressed this very subject.

"I think you might see a little bit of reflecting of us growing up a little bit," says Nick of the band's current tour, which is not actually in support of a new album, but just a reminder of who they are and who they have been.

"I think the decision was made because we knew that we had a lot of material. I think we just felt that after releasing four albums in about three-and-a-half years, it might be a bit of an overload," Nick adds.



▶ JoBros 2010, from left: Nick, Joe and Kevin Jonas.



"So we started to not go with releasing an album this year. But I think, you know, 2011, you can expect another Jonas Brothers album."

One definite sign of the group's maturity is that Kevin is now married.

"This will be the first time that I have toured as a married man, so it should be a little bit different," he says. "For us, our musical journey has been a progression. We're not trying to grow up too fast or anything, and I'm saying that even coming from being married. For us, we're growing up with our audience and growing up with the people listening to our music, as well as the people that are starting to listen to our music now."

METRO

Michael Jackson may be exhumed

Dr.'s defense wants to challenge cause of death Family 'dreading' idea of digging up remains

Michael Jackson's remains may have to be exhumed for further testing in connection with the manslaughter trial of Dr. Conrad Murray, according to News of the World.

Murray lawyers reportedly want to challenge the findings of the original autopsy, arguing that misuse of other drugs brought about Jackson's death, not the drugs administered by Murray.

"If the tests don't concur with the coroner's findings, they have the start of a strong defense," a source says. "The logical next step would be to exhume the body to make new tests."

Jackson's family is reportedly "dreading" such a situation. "They laid Michael to rest and for him to return is just sick," a friend of the family says. THE ASSOCIATED PRESS

METRO NEWS SERVICES



▶ Jackson's doctor, Conrad Murray, wants to argue the singer died of misuse of other drugs.

METRO NEWS SERVICES



▶ Neil Patrick Harris, left, and partner David Burkta

Neil Patrick and partner getting ready for fatherhood

Neil Patrick Harris is spending his time studying and resting in anticipation of the arrival of his and partner David Burkta's twin babies due in the fall, according to People magazine. "[I'm] very, very excited. It's the big, crazy calm before the ridiculous storm," Harris says. "I'm trying to read as much as I can, and prep as much as I can. But there's only so much you can do because each baby is super individual and totally their own person." METRO

George Michael looking for rehab credit in sentencing

After pleading guilty to marijuana possession in connection with his July car crash in London, George Michael is hoping the fact that he checked himself into rehab immediately after the accident will help with next month's sentencing, according to Popcrunch. "I feel you should know that on the day after the incident I checked in to a clinic for a 14-day detox program here in London," the singer posted on his Web site. METRO

METRO NEWS SERVICES



▶ George Michael

Talking points

Lohan catches a legal break

JUST A WARNING. It seems Lindsay Lohan's luck with the law is improving. The fresh-out-of-rehab actress hit the town in Los Angeles recently, serving as designated driver for her friends, and was reportedly speeding and running through stop signs in her new Maserati, according to Pacific Coast News. Sources say a police officer pulled her over, but Lohan managed to get off with just a warning.

Not that it matters ...

NURTURING. While still dodging questions about Mariah Carey's possible pregnancy, Nick Cannon can't seem to keep parenthood off his mind. "She's very nurturing," he tells People magazine of his wife. "She's nurturing with me and makes me breakfast at anytime and that's my favorite food. It would be, like, 3 o'clock in the morning and she will still make me waffles. She'll be the best mom." METRO



Celebrity tweets

Paris Hilton
[@ParisHilton] I'm so thankful to all my fans for all the love and support you are giving me. Thank you all. Love you so much. Love Paris xoxo



Samantha Ronson
[@samantharonson] Can't believe I just got to work and had the wrong purse. Instead of a laptop I found a bag of Well, u know.



Conan O'Brien
[@ConanOBrien] Someone just explained to me that I don't get paid for tweeting. I'm going to miss you guys.



Ben Stiller
[@RedHourBen] Is there a decoder book for Glenn Beck speeches?



Arrest is a bad career move

JOBLESS. It hasn't been the best week for Cy Waits, Paris Hilton's boyfriend.

First he was arrested for driving under the influence in Las Vegas over the weekend — when Hilton herself was busted for cocaine possession — and now he may be out of a job, according to E! News. Waits had recently been promoted to head of nightclub operations at the Wynn Hotel in Vegas, and sources say he was fired within hours of his arrest. METRO

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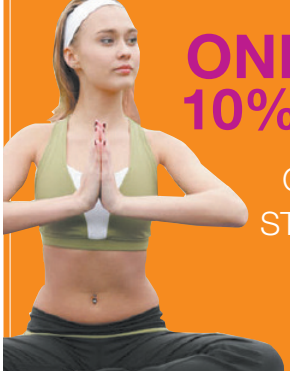


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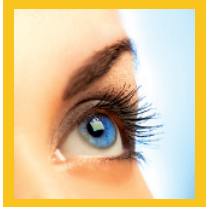
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Technology



A Canadian scientist is pioneering an experimental procedure to repair damaged eyes using artificial corneas. Dr. May Griffith, a senior scientist from Ottawa, teamed with Swedish colleagues to try to the restore eyesight of 10 patients with damaged corneas. They surgically removed the patients' injured corneas and replaced them with artificial ones. Vision improved in six of the 10 patients.

THE CANADIAN PRESS

Paralyzed computer engineer helps develop technology for kids with disabilities

Last year, little Stella Biblis was born — from frozen sperm. When her dad, Chris, was a teenager leukemia patient, he allowed doctors froze his sperm. Otherwise radiation treatment would have killed it. Today lots of young men with cancer do the same.

METRO WORLD NEWS



Honey, I Froze the kids

ELISABETH BRAW
WELLNESS@METRONEWS.CA

"I feel lucky to be alive after cancer. But I feel more lucky being a father." CHRIS BIBLIS

When Chris Biblis was diagnosed with leukemia at age 16, doctors knew he'd survive only with radiation treatment. Unfortunately, Biblis's testicles had to be radiated, too. Chris would be infertile.

It was 1987. Back home in Alabama, Biblis's mother happened to read a news article about British doctors who froze sperm. She decided she wanted her son to freeze his sperm, too, to give him a chance of later having a family.

"I sort of thought it was a good idea," recalls Biblis, now 40, "but it was totally embarrassing. I had to drive several hours with my father to give the specimen."

Biblis's unusual choice paid off: last year, he and his wife welcomed a healthy baby, Stella. She was conceived using Biblis's 22-year-old sperm.

"It was like any other in-vitro (test-tube) pregnancy", explains Chris's wife, Melodie.

"When we decided to do it, we didn't realize that it was somehow unusual to use 22-year-old sperm."

It was only one baby has ever been conceived using older sperm.

That's because in 1987, sperm-freezing of any kind was highly unusual. But today, young male cancer patients are routinely asked to give sperm specimens, to be stored until they're ready to start a family.

The demand has grown since 80 per cent of children and adolescents with cancer now survive.

"Having babies is often the last thing on teenage boys' minds," explains Dr. Richard Wing, who heads Reproductive Endocrinology Associates of Charlotte, North Carolina.

"But chemotherapy and radiation often result in men having no sperm, and frozen sperm can last for decades."

Wing helped the Biblises conceive. Today female cancer survivors, too, have better chances of conceiving.

Eggs can now be frozen using rapid-freezing technology that makes them more viable; about one fifth of frozen eggs result in pregnancies.

"But women can't just provide eggs for freezing," explains Wing.

"It takes two-three weeks to prepare their ovaries for ovulation, and the eggs' viability depend on how far the cancer has gone."

In the past, young single women with cancer faced the dilemma of freezing their eggs with little chance of success or fertilizing their eggs using a sperm donor.

But even with optimistic prospects of post-cancer parenthood, many turn down their only chance.

When Chris Biblis delivered his sperm sample, he had no thought of his little Stella, now teething.

"I feel lucky to be alive after cancer", he says.

"But I feel more lucky being a father."



Two questions

Dr. Safaa Maxwell of the London Fertility Centre answers questions about rapid egg freezing.

Whose fertility is more affected by cancer, men's or women's?
"Women's. Even 80 per cent of men with testicular cancer manage to conceive. On the other hand, women who have cancer are often on treatment for several years, and by then it may be too late for them to have babies anyway."

Rapid egg freezing is a promising prospect for women. Which other methods are currently being developed?
Ovarian tissue freezing. The ovary is removed and frozen. Later it can be transplanted back to the body where it can continue to function again. There's also in-vitro maturation, where immature eggs are collected and matured in the lab. This has been tried on some young cancer patients as young as five years.

50 percentage of male cancer patients who have frozen their sperm and later conceive using frozen sperm



Nobody is listening, but ear buds aren't your friend

FLICKR: XJASONROGERSX



▶ More teens than ever are reporting some hearing loss.

Hearing loss affecting nearly 20 per cent of teens today ◆ Learning how to preset maximums on your headphones will save you in the long run

CELIA MILNE
WELLNESS@METRONEWS.CA

"Turn it down! You'll go deaf!"

Sound familiar? Mom always said listening to loud music would affect your hearing. Well, a new study has given her some ammunition.

Loss of hearing is affecting five per cent more adolescents than it was 15 years ago, according to hearing experts who analysed U.S. survey data.

If people around you on the subway can hear your music right through your ear phones, your tunes are too loud, they say.

It's a good idea to pre-set the volume on electronic music devices to between half and two-thirds of maximum, suggests Dr. Ron Eavey, an otolaryngologist from Nashville, Tenn.

Most devices play at up to 120 decibels, while anything above 85 is considered bad for hearing.

Eavey and colleagues studied results from a large, population-based study called the National Health and Nutrition Examination Survey (NHANES), involving thousands of adolescents ages 12 to 19. They found that hearing loss is now affecting nearly 20 per cent of teens, and they are worried it is the beginning of an epidemic.

1,000,000

In Canada, more than a million people say they have a hearing-related disability. This is twice the number of people with sight-related problems.



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Hearing loss

It's hard to tell if you are losing your hearing because it happens gradually. Here are the signs of hearing loss resulting from ongoing loud noise

- When an ongoing noise stops, sound may seem muffled
- People seem to mumble
- Your ears ring
- People tell you the TV is too loud
- You keep turning up the stereo so you can hear it
- You feel pressure or fullness in your ears.

25%

One quarter of young people entering the workforce had the early warning signs of hearing loss and almost five per cent more had abnormal results on hearing tests, according to a 2005 study by WorkSafe BC.

CELIA MILNE

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DICK LOEK/TORSTAR NEWS SERVICE



HEALTHY LIVING

MS worse in spring, summer

Here is an intriguing finding about multiple sclerosis. The disease seems to flare up in the spring and summer. Researchers found in brain scans that MS activity increased during the months of March through August.

MS is a disease of the central nervous system that can cause loss of balance, impaired speech, extreme fatigue and double vision.

The new study, which was conducted at Brigham and Women's Hospital in Boston, is important because many clinical trials are only six months long. When researchers study the effect of various drugs on the disease, it could appear that the drug is working well when in fact the change of season accounts for the improvement. The study was published in the journal of the American Academy of Neurology.

CELIA MILNE

More omega-3 fats don't help heart disease: Study

FLICKR: NATHANMAC87



▶ A little bit of omega-3 won't help prevent heart disease, a new study shows.

Fatty acid once thought to have helped those prone to attacks

Eating more heart-healthy omega-3 fats provided no additional benefit in a study of heart attack survivors who were already getting good care, Dutch researchers report.

After nearly 3 1/2 years, there was no difference in deaths, heart attacks and other heart problems between those who ate margarine with added omega-3 fatty acids and those who didn't, the study found.

The results don't mean that getting more of the essential nutrient has no value. Several studies have offered evidence that the fats — mostly from fish oil — reduce heart disease.

But for heart patients who are carefully treated "adding a little bit of omega-3 fatty acid does not seem to make a difference," said Alice Lichtenstein, a Tufts University nutrition professor, who was not involved in the research.

"Adding a little bit of omega-3 fatty acid does not seem to make a difference."
ALICE LICHTENSTEIN, A TUFTS UNIVERSITY NUTRITION PROFESSOR

Omega-3 fatty acids are thought to help reduce the risk of abnormal heartbeats, slow the growth of plaque that can clog arteries and lower harmful fats called triglycerides.

In recent years, omega-3 has been added to some foods such as margarine and eggs, or labels highlight the omega-3 content of foods like tuna fish.

THE ASSOCIATED PRESS



Nutritious gazpacho

Conventional wisdom says that cooking vegetables tends to diminish their nutritional prowess. And while there is some truth to this, it isn't always the case.

Cooking tomatoes does diminish their stores of vitamin C, but it also concentrates other nutrients, such as lycopene (found in red tomatoes), a powerful antioxidant.

Cooking tomatoes also is great from a culinary standpoint. Heat intensifies their flavour and brings out their rich sweetness by caramelizing the natural sugars. With this recipe for gazpacho, you can have it either way.

This Italian-style take on the refreshing soup is seasoned with fresh basil and oregano along with a liberal shot of balsamic vinegar. The addition of some fresh mozzarella cheese adds the protein and substance to turn the soup into a satisfying lunch or light supper. Serve with grilled slabs of crusty whole-grain bread to complete the meal.

For a cooked version of this recipe, spread the diced tomatoes on a rimmed baking sheet and roast at 200 C (400 F) until they start to brown. Let them cool, then proceed with the recipe.

Ingredients :

- 1.25 l cored and diced tomatoes (about 4 large)
- 1 large English cucumber, peeled and diced
- 1 medium red bell pepper, cored, seeded and chopped
- 1 medium red onion, chopped
- 75 ml balsamic vinegar
- 50 ml extra-virgin olive oil
- 75 ml chopped fresh basil
- 30 ml chopped fresh oregano
- 3 cloves garlic, minced
- 2 ml kosher salt
- Ground black pepper, to taste
- 170 g very small fresh mozzarella balls

THE ASSOCIATED PRESS



▶ Tomato and Italian Herb Gazpacho.

Preparation:

1 In a large bowl, combine tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest at room temperature for 15 minutes.

2 Using a food processor or blender and working in batches, process tomato mixture until it is chunky smooth, 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour. To serve, divide gazpacho among bowls and top with mozzarella. THE ASSOCIATED PRESS

Nice over ice: Irish Whiskey

Liquid Assets



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA



As you read this week's column I'm enjoying a little rest and relaxation in Ireland. Though I've only been here a few days I've already consumed my body weight in Guinness Draught so am now working my way to whiskey, which I'll spell with an "e" like they do here on the Emerald Isle.

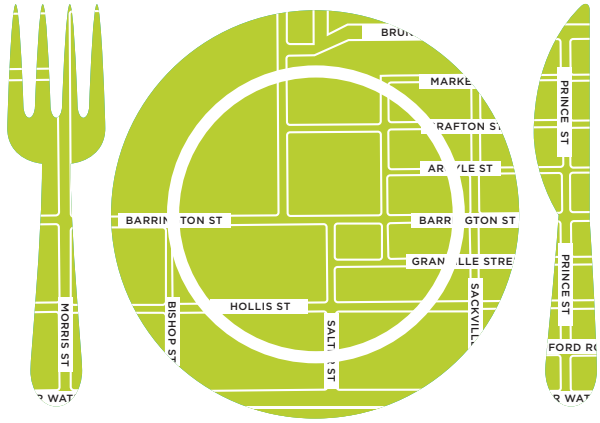
The cult of Irish whiskey has been gaining membership for much of this century at the expense of single malt scotches and their blended brethren. An Irishman's lighter, sweeter side — thanks in part to a process of triple distillation — seems to have more over ice appeal for non-brown booze drinkers than scotch (many of which taste like they could take the paint off your car).

A classic whiskey like Jameson ($30.00 - $31.99) — first made in Dublin in 1780 — is a super smooth spirit with an orange marmalade aroma and creamy sweet finish. It's so easy on the palate that you could almost drink it straight from the bottle (which I still might).

Northern Ireland's Bushmill's, the oldest distillery on the island, was licensed in 1608 with its Black Bush ($36.99 - $37.64) a quintessential Irish drop layered with warm malt and spice. Sláinte!

Prices reflect the range across the country. Some products may not be available in all provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

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BARBECUE SPARKED ROMANCE

Names: Blair, 27, and Aila, 36

Hometown: Charlottetown

Together since: 2007

Their story:

I (Aila) met Blair at a work barbecue. He was in the Armed Forces, posted at CFB Gagetown in New Brunswick, and I was working as a civilian on the base. My friend was actually interested in him and, since Blair was much younger than me, I didn't pay much attention to him. We did, however, hit it off after discovering we had so many things in common. He emailed me two days after we met and we've been together ever since. We eloped in Newfoundland in August 2008. Last year, Blair was released from the army so we could move to P.E.I., where he is originally from. We happily settled here in an old house with my daughter, and we're slowly making it both our home and a home-based photography business.

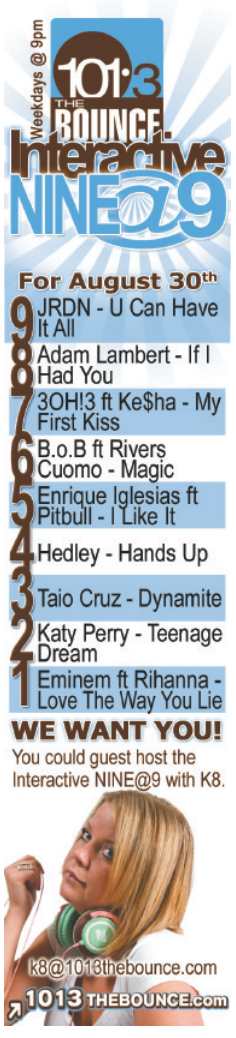
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How We Met: Blair & Aila



▶ Blair and Aila met at a barbecue and eloped in 2008.





Tips for finding balance between work and life

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these five simple tips:

1. Slow Down.

Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

2. Use technology to streamline schedules.

While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar allowing you to see what everyone's got going on so you can plan accordingly.

3. Protect your personal time.

Effective time management involves knowing when to shut things down. Turning off a cellphone or other wireless device establishes boundaries between your personal and professional time.

4. Share the Load.

You don't need to do it all. Really. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

5. Learn to say "no."

Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering.

NEWS CANADA

With wine, make it fine

Alison's Rule: Drink no wine before it's time — especially when you make it yourself But when it's time to quaff, savour the savings

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

"If all works out I estimate (making my own wine earns me a) savings of at least $2,500 a year."

Early summer found me in the fruit scented quarters of the Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown wine prices haven't declined perceptibly. So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself buy the best available. Even so, the cost per bottle was under $5 for the white and under $7 for the red (that doesn't include optional labels, 10 cents each, or bottles, $1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the Chardonnay at two, four and six weeks after bottling — just for research purposes, you understand. Drinkable has progressed to tasty. At two months the Merlot is still too raw for my palate, but improving.

Chardonnay and two weeks after that, the Merlot. Tasting both during bottling surprised me. Drinkable!

If all works out I estimate savings of at least $2,500 a year — enough to take hubby and me on a very nice wine tasting holiday. Stay tuned for full tasting results in a couple of months.

It pays to wait

Getting the most out of your vintner experience demands the patience to wait a minimum of three months for the white and six for the Merlot. So far I've uncorked

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If you've paid back your loans on time, maintained revolving credit (credit cards or lines of credit), and not declared bankruptcy, you're probably in good shape. But, if you've done some credit damage, you're going to have to repair your score.

Be wary of credit counselling agencies that are not endorsed by the government. Although they may claim to "fix" your credit by having bad things removed from your file (in exchange for payments), that's impossible. Unless there is a reporting error on your credit file, your credit score can't be manipulated. The only true way to repair a bad credit score is to prove you're responsible with money and wait it out. So, make your payments on time, don't miss payments and make sure you do pay. It's also important to note that if you're a co-applicant on a credit card or loan or if your name isn't directly on a bill, you do not build credit. So, if you want to build a positive credit record, have your own credit card and loans, put bills in your name and pay your debts on time.

If you're struggling with keeping up, see a credit counsellor. Check out creditcounsellingcanada.ca or creditcanada.com. They can help you negotiate new terms with your lenders. Bankruptcy and foreclosure hurts both you and the credit provider so try to work with your creditors to arrive at a potential solution. They'll be more willing to negotiate with you if you're serious about paying up, and they'll avoid writing off a bad loan.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca). You can request a free copy of your credit score by visiting their websites. It's important to know your credit score and do everything you can to protect it.

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4 sports

Sports news

John-Paul Cody-Cox
The Halifax native has been named the new chief executive officer of Speed Skating Canada. Cody-Cox replaces Jean Dupre, who left the organization after 15 years to become the chief executive officer of the Canadian Olympic Committee in April.


Cindy Klassen



Ken Schrader
The 30-year NASCAR veteran has joined the field for the Carquest Pro Stock Tour season finale, the Parts for Trucks 200, on Saturday, Sept. 11, at Scotia Speedworld near the Halifax airport.

Scan code for news

- Only 26 players remain on Mooseheads roster as cuts continue
- McGuigan, Davis, Kavanaugh, Desmond and Chisholm all let go by club
- Defence corps set as blue-liner Simon Desmarais makes the team

RYAN TAPLIN/METRO HALIFAX


▶ Ryan Davis participates in a Halifax Mooseheads practice earlier this month at Cole Harbour Place.

Final roster almost set for Herd


MATTHEW WUEST
@METRONEWS.CA

"He's 18 and he's got to play right now. The opportunity wasn't there with us."
MOOSEHEADS HEAD COACH AND GENERAL MANAGER CAM RUSSELL ON CUTTING DYLAN MCGUIGAN.

The Halifax Mooseheads' roster is almost set after yesterday's latest round of cuts.

The Mooseheads have 26 players remaining after shipping out forwards Dylan McGuigan and Ryan Davis, defencemen Kyle Kavanaugh and Joshua Desmond, and goaltender Randy Chisholm.

"We're one or two away from our final roster," said Mooseheads head coach and general manager Cam Russell.

The hardest cuts were up front. McGuigan, a hard-hitting 18-year-old, appeared in 14 games with the Mooseheads last season, but Russell said his "age worked against him" in a "numbers game."

Davis, a rambunctious five-foot-seven, 190-pound right-winger drafted in the seventh round, 109th overall, in June, wasn't quite ready for a QMJHL spot but remains on the Herd's radar.

"We're happy with Ryan Davis," Russell said. "He needs to get some more playing experience, but we feel he could earn a spot on this team at Christmastime or next year."

The Mooseheads are set on defence, with Russell confirming yesterday that 16-year-old blue-liner Simon Desmarais has made the club.

But there will be at least one more forward cut and 20-year-old goalie Peter Delmas is expected to be traded to clear up the crease logjam.

Provided the Mooseheads don't land Martin Frk from the Czech Republic or another player via tomorrow's 19-year-old waiver process, the final forward spot appears to be down to either Bradley MacDonald or Luke Warner.

MacDonald, an 18-year-old who had three goals and two assists in 27 games last season, brings speed and some offensive upside. Warner, a 12th-round, 197th overall pick, is younger at age 17 and brings an agitating, do-anything-for-the-team approach.

"Those guys are fighting for a spot on the team, but there are other options out there as well," Russell said.

Around the Q

- Bedford's Taylor Burke scored his first goal in four pre-season games Sunday. He was drafted seventh overall by the Gatineau Olympiques in June's draft.
- The Mooseheads visit the Saint John Sea Dogs tomorrow at 7 p.m. They have a 1-3 pre-season record so far.
- Former Mooseheads defenceman Spencer Metcalfe was described as "one of the best fighters in the league" by Cape Breton Screaming Eagles general manager Mario Durocher. The Eagles traded for Metcalfe on the weekend.
- The Mooseheads will likely be able to watch two of yesterday's cuts develop in their own backyard. The junior A rights of forward Ryan Davis and defenceman Kyle Kavanaugh, both 17, belong to the Metro Marauders.

No Q return for Knotek

Tomas Knotek is expected to sign a contract Friday with HC Kladno of the Czech ExtraLiga.

The two-time Halifax Mooseheads MVP and last season's team captain told Metro yesterday that returning to the QMJHL "crossed my mind," but he "didn't even contact the Mooseheads staff."

"I know I have to play (against) men so I decided to stay (in the Czech Republic)," Knotek said.

The 20-year-old was cut by HPK Hameenlinna of the Finnish SM-Liiga last week, fuelling speculation he could return to the QMJHL and possibly be traded to another club. But HC Kladno, his hometown team, invited him for a try-out on the weekend and he decided to accept it.

One of Knotek's closest friends, former Cape Breton Screaming Eagles defenceman Jan Piskacek, is also expected to sign with HC Kladno.

Knotek finishes his Mooseheads career ninth on the club's all-time scoring list with 173 points.
MATTHEW WUEST/METRO HALIFAX


▶ Tomas Knotek

U.S. Open. Clijsters wins, barely



▶ Kim Clijsters returns a forehand against Greta Arn yesterday at the U.S. Open.

AL BELLO/GETTY IMAGES

Clijsters nearly suffers upset, but rallies to win at U.S. Open

Defending champion Kim Clijsters struggled to find her footing on a windy day before recovering in time to win her 15th straight match at the U.S. Open.

The second-seeded Belgian beat Hungary's Greta Arn 6-0, 7-5 in the first round yesterday. She fell behind 4-0 in the second set, and the 104th-ranked Arn had a chance to serve out the set at 5-4. But Clijsters got the break, then did it again to clinch the straight-set victory. In the later match, Venus Williams beat Roberta Vinci of Italy 6-4, 6-1 to reach the U.S. Open's second round. In men's action, Roger Federer eliminated Argentina's Brian Dabul 6-1, 6-4, 6-2.

THE ASSOCIATED PRESS

'Not guilty, your honour': Clemens

Case begins against baseball legend **Charges include making false statements, perjury and obstruction of Congress**

Roger Clemens put his right hand on the lectern, leaned down toward the microphone and made what might be the most important pitch of his life: "Not guilty, your honour."

Those words, uttered yesterday in a strong, confident voice by the seven-time Cy Young award winner sporting a black blazer and blond highlights in his hair, marked the official beginning of a court case that could taint baseball even further and land the "Rocket" in jail.

U.S. District Judge Reggie Walton presided over an arraignment hearing that lasted less than 14 minutes in the ceremonial courtroom at the federal courthouse, across the street from the Capitol.

Walton set April 5 as the start of jury selection — the Monday of the first full week of the 2011 baseball season, and also around the time a case involving Barry Bonds, the all-time home run king, could be wrapping up in San Francisco.

30

If convicted, Clemens could face up to 30 years in prison and a $1.5-million US fine, although 15 to 21 months is the more likely sentence under federal guidelines.

Pete Rose, Darryl Strawberry, Dwight Gooden and Denny McLain are among former baseball stars to have spent time in jail.

Clemens and Bonds, who chased history on the field throughout their careers, now could be chasing history off it.

They are both in jeopardy of becoming the first baseball star jailed because of a conviction related to the performance-enhancing-drug imbroglio that has sullied their sport for much of the past 15 years.

As he has throughout the process, Clemens again fought any suggestion that he cheated during a 23-season career that ended with 354 wins and 4,672 strikeouts. He won his first three Cy Young awards in 1986, '87 and '91, dipped ever so slightly, then won four more in 1997, '98, 2001 and 2004, at the age of 42.

THE ASSOCIATED PRESS

EVAN VUCCI/THE ASSOCIATED PRESS



▶ Roger Clemens in Washington yesterday.

White Sox add Manny for push

Back to frighten pitchers who haven't seen him regularly in a few years, Manny Ramirez will try to get the Chicago White Sox back to the playoffs.

As expected, the White Sox claimed the unpredictable but productive 12-time all-star slugger on waivers from the Los Angeles Dodgers yesterday, hoping his powerful bat, full of so many October swings and homers, can help them make a post-season push.

"Hopefully, he can come in here and give us some help," White Sox first baseman Paul Konerko said. "We need to make up some ground. There's no doubt Manny can hit. He makes any team better."

Chicago began a key 10-game road trip to Cleveland, Boston and Detroit last night, although Ramirez is not expected to join the White Sox, his fourth major league team, until today.

They began the day 4 ½ games behind first-place Minnesota in the AL Central. THE ASSOCIATED PRESS

DILIP VISHWANAT/GETTY IMAGES



▶ Manny Ramirez

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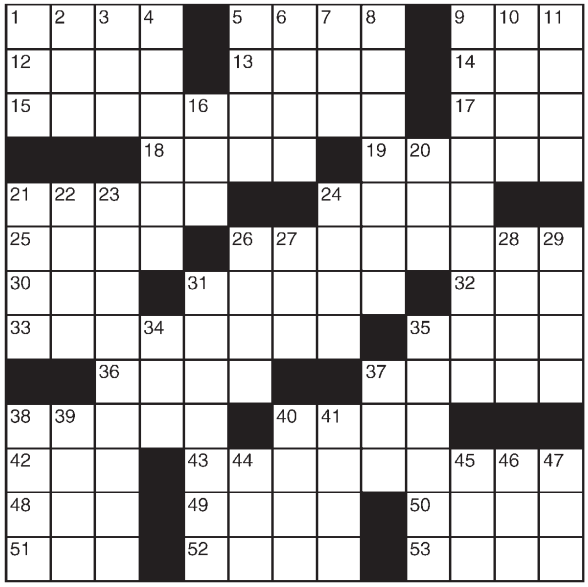
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Crossword



Across

1 Fail to hit
5 Newspaper page
9 Taxi
12 Leading man?
13 Prepare a casserole
14 Exist
15 Summertime tops
17 Wire measure
18 Abound
19 Perfect
21 Hidden supply
24 Seed covering
25 "An apple — ..."
26 Last page, perhaps
30 Aries
31 Song thrush
32 Mimic
33 All set
35 On the rocks
36 Skating arena
37 1990 Nicholson film, "The Two —"
38 Cow catcher?
40 Slender
42 Type measures
43 Soft cheese
48 Biblical verb suffix
49 MGM mascot
50 Mid-month date
51 Actress Myrna
52 Ova
53 Freebie

Down

1 "Big" fast food entree
2 McKinley's first lady
3 "Casablanca" pianist
4 Forge
5 Reed instrument
6 Date provider
7 — out a living
8 Wants
9 Phoenix mountain
10 Met melody
11 Phone inventor
16 Witness
20 Badly lit
21 Complain
22 Hebrew month
23 Averse to being photographed
24 Kind of wit or test
26 Gloomy
27 12-Across' mate
28 Duel tool
29 Cincinnati team
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34 Cherry stone
35 — pentameter
37 Olympian Thorpe
38 Spool
39 Grooving on
40 Urban pollutant
41 Contact, for one
44 2009 newsmaking insurance co.
45 Tokyo's old name
46 Sleep phenom
47 Recipe meas.

▶ Yesterday's answer

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■	■	■	M	I	T	T	■	G	R	E	E	N		
S	A	L	I	N	E	■	S	R	I	■	■	■		
A	L	A	N	■	R	E	P	E	A	T	E	R		
W	O	K	E	■	E	M	I	G	R	A	T	E		
S	E	E	M	■	D	U	N	■	S	N	A	G		

Sudoku

		7	4			3	5	
1						9		7
	4			8				6
	1				6	2		
			1		4			
		5	3				6	
6				3			7	
5		2						3
	7	3			8	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	7	4	1	5	3	6	8
1	3	4	9	6	8	7	5	2
6	5	8	2	7	3	4	1	9
3	4	5	1	2	7	8	9	6
9	7	1	5	8	6	2	4	3
8	6	2	3	4	9	1	7	5
7	8	9	6	3	4	5	2	1
5	2	3	7	9	1	6	8	4
4	1	6	8	5	2	9	3	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy birthday chels! I love you more than ever, good luck in school and I will see you on the 25th.
SHAUN

NOM, I love you deeply, madly and truly! Yours always and all ways!
BOM XOXOXOXOXO 10

Muscles, I love you so much. I miss you more everyday, and I hope someday we can work things out. I believe in us.
LOVE, TWIGGY XOXO

Life is good my Tall Mark and Handsome, Thanks for making my day always a bit brighter.
YOUR BLONDE CINDY BABY.

Nubbin I love you. Happy 5 month! You are the best thing that has ever happened to me. I'll love you forever. Love always,
TALLSTACK

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Today Sunny 31° / 21°
Wednesday Partly cloudy 31° / 21°
Thursday Mainly sunny 30° / 20°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.

♈ Aries March 21-April 20 A creative or artistic project can be taken to a higher level over the next few days, but it will require patience and persistence as well as your usual awesome energy levels.

♉ Taurus April 21-May 21 If you have promised to do something for friend or family member then you have no option but to see it through to completion, even if you are now having second thoughts.

♊ Gemini May 22-June 21 If you get your act together and get to work over the next few days you will achieve something out of the ordinary. You have never lacked for ideas but you do sometimes lack for application.

♋ Cancer June 22-July 22 You are in one of your can-do moods at the moment and whatever goal you set your sights on will be reached in record quick time. Don't forget to bring other people into your plans as well.

♌ Leo July 23-Aug.23 Don't worry about whether or not you are doing the "right thing" today because in the greater scheme of existence the "right thing" is whatever you want it to be.

♍ Virgo Aug. 24- Sept. 22 There is something you should have finished weeks, maybe months, ago but for one reason or another never got round to completing. Now is the time to go back and get it done.

♎ Libra Sept. 23-Oct. 23 You will be extraordinarily dynamic today, so much so that others might start to wonder if you are on some kind of stimulant! The only stimulant you need is the realization that life is a wonderful adventure.

♏ Scorpio Oct. 24-Nov. 22 Try not to think too much about what you are doing today because you will do better when you just get on with it. Sometimes you over analyze the events of your life.

♐ Sagittarius Nov. 23-Dec. 21 Routine bores you at the best of times and if you have to follow a mapped out route today you may end up screaming. How did you get into this position?

♑ Capricorn Dec. 22-Jan. 20 You will be more energetic on a thinking level than a doing level today, and that's good because you need to get your head round certain ideas and concepts that don't come naturally to you.

♒ Aquarius Jan. 21-Feb. 18 Some people enjoy making a drama out of a crisis and it will be your job today to calm them down and point out that life is not so bad.

♓ Pisces Feb. 19-March 20 You should be promoting yourself for all you are worth now, not only because you are worth a great deal more than you have been getting but because you'll only get noticed if you make noise. SALLY BROMPTON

Caption contest

DEAN TREML/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATT DUNHAM/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS



Deals of the week

CUBA

Holguin via Toronto

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
Sept. 18 • 1 wk.
$569
+Taxes & other fees (including service charges): $240

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Sept. 11–26 • 1 wk.
$599
+Taxes & other fees (including service charges): $240

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Sept. 5–25 • 1 wk.
PRIVILEGES
$999
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Sept. 5–25 • 1 wk.
$1039
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

DOMINICAN REPUBLIC

Samana via Toronto

Grand Paradise Samana • 4★
All-Inclusive • Superior garden rm.
Sept. 19 & 26 • 1 wk.
$639
+Taxes & other fees (including service charges): $326

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.
$949
+Taxes & other fees (including service charges): $326

MEXICO

Cancun/Riviera Maya via Toronto

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Feb. 27 • 1 wk.
$1169
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Feb. 27 • 1 wk.
$1209
+Taxes & other fees (including service charges): $285

BAHAMAS

Great Exuma via Toronto

Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
Sept. 19 & 26 • 1 wk.
$849
+Taxes & other fees (including service charges): $210

Grande Isle Resort Spa • 4★
Continental breakfast
One-bedroom villa garden view
Sept. 19 & 26 • 1 wk.
$1079
+Taxes & other fees (including service charges): $210

SAINT LUCIA via Toronto

The Village Inn & Spa • 3★
All-Inclusive • Standard rm.
Sept. 12, 18, 19, 25 & 26 • 1 wk.
$1299
+Taxes & other fees (including service charges): $238

ANTIGUA via Toronto

St. James's Club & Villas • 4★
All-Inclusive • Club rm.
Sept. 4, 11, 18 & 25 • 1 wk.
$1629
+Taxes & other fees (including service charges): $249

USA

FLORIDA | Orlando via Toronto or Montreal

Clarion Resort & Waterpark • 3★
Double guest rm.
Oct. 1–31 • 5 nts.
$699
+Taxes & other fees (including service charges): $131

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Oct. 31 & Dec. 12 • 1 wk.
$1279
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HTD SEATS, 91,536 KMS
$16,995

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HTD SEATS, 89,994 KMS
$17,995

2006 Tribeca 3.0

AC,PW,PL,TW,CC,AW,6CD,SR,
LTHR,HTD SEATS, 82,665 KMS
$19,995

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$25,990

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$25,590

2008 Impreza Sport


AC,PW,PL,TW,CC,CD
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11,944 KMS
$21,990

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